DOCUMENT RESUME

ED 424 973 PS 027 109

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| AUTHOR | Humphrey, James H. |
| TITLE | Helping Children Manage Stress: A Guide for Adults. |
| INSTITUTION | Child Welfare League of America, Inc., Washington, DC. |
| ISBN | ISBN-0-87868-668-1 |
| PUB DATE | 1998-00-00 |
| NOTE | 104p. |
| AVAILABLE FROM | Child Welfare League of America, Inc., c/o PMDS, 9050 Junction Drive, P.O. Box 2019, Annapolis Junction, MD 20701-2019; phone: 800-407-6273, 301-617-7825; fax: 301-206-9789; e-mail: books@cwla.org (Stock No. 6681, $18.95). |
| PUB TYPE | Books (010) -- Guides - Non-Classroom (055) |
| EDRS PRICE | Document Not Available from EDRS. |
| DESCRIPTORS | *Child Development; Childhood Needs; *Children; Classroom Environment; *Coping; Elementary Secondary Education; Exercise; Family Environment; Prevention; Relaxation Training; *Stress Management; *Stress Variables |

ABSTRACT

From birth--and possibly before--children are likely to encounter a considerable amount of stress generated by society. This book explains what adults can do to prevent and/or minimize the harmful consequences of stress for children. Part 1, "Understanding Stress in Children," explores the general causes of stress, with particular emphasis on problems that originate at home and at school. This section discusses how adults can learn to recognize when they need to intervene to help children manage their emotions and develop effective coping skills. Chapters in this section are: (1) "Stress and Child Development"; (2) "General Causes of Childhood Stress"; and (3) "Stressful Environments." Part 2, "Managing Stress in Children," provides standard stress reduction techniques that adults can use with children. Chapters in this section are: (4) "Physical Activity and Exercise"; (5) "Relaxation"; (6) "Stunt Games"; (7) "Creative Movement"; and (8) "Mental Practice and Imagery." The book concludes with 49 suggested resources for further reading. (LPP)

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